



Stan's Ink Monthly



Volume 15, Issue 2

February, 2021

Mark Your Calendar!

Feb 14 - Valentine's Day

Feb 15 - Presidents' Day



Highway to Health

Take Steps Toward Heart Health During American Heart Month

During February, which is American Heart Month, take steps to stay "heart healthy" for yourself and your loved ones.

Key risk factors include:

- * High blood pressure and blood cholesterol
- * Diabetes and smoking
- * Being overweight, unhealthy eating or an inactive lifestyle
- * A family history of heart disease

"When you schedule regular appointments with your doctor and discuss your risk factors, it could just save your life," said David Nagelhout, MD, FACC, of North Central Heart, a division of the Avera Heart Hospital.

While there are people who have heart disease in their genetic makeup, a vast majority of coronary artery disease risk is preventable, said Nagelhout. Some of the steps to cut those risks down include:

- * Follow your doctor's instructions about medications for conditions like high blood pressure, high cholesterol and diabetes.
- * Eat a diet low in salt, saturated fat and cholesterol. Make sure it includes plenty of fresh fruits and vegetables.
- * Get 30 to 40 minutes of aerobic exercise five to six days a week. That's the ideal, but a little exercise is better than none. Work up to the optimal level by making brisk 10-minute walks a part of your daily routine.
- * If you smoke, quit as soon as possible. Incorporate a cessation program to help.

Early detection of heart disease is another life-saving step. Screenings are recommended for men 45 and older as well as for women 50-55.

Naghelout also mentioned the "golden hour" for heart attack treatment. If you or a loved one experiences any of these symptoms, call 911 right away:

- * Chest pain or discomfort.
- * Pain or discomfort in the arms, back, neck, jaw or upper abdomen.
- * Shortness of breath.
- * Nausea, lightheadedness, or cold sweats.

Avera.org

Mike's Words of Wisdom...

Shine Don't Whine

We all can picture someone that complains about everything and nothing is ever good enough for them. Some people would complain about the color if you gave them a gold brick. Those people are just not happy unless they can bring someone else down to their level. We all know those people, and every once in a while, we catch ourselves being infected with the "poor me" syndrome. Whining is unproductive and pulls us and others down, so how do we Shine in our own homes, at work, and with others?

10 things to tell if we are in balance in our life, at home, and at work or not...

- 1) Be part of a Team. The wisdom of many is much stronger than any individual. Stan's team is the difference between Stan's and the competition.
- 2) Go with our Passion. Being passionate about something is a powerful thing.
- 3) Operate out of our genius. Are we competent or are we struggling?
- 4) Fair but firm. Some decisions are tough but need to be made.
- 5) Choose our battles wisely. Some fights are worth fighting, others are not.
- 6) Know the difference between ownership and stewardship. Be a giver.
- 7) Know the importance of the little things. Thank You and Please go a long way.
- 8) Don't look back. History is a good teacher, but the future is our opportunity.
- 9) Be joyful. Be happy doing what we are doing and enjoy the ride every day.
- 10) Have a Plan. Lay the groundwork for your goals by making a plan.

Whether at home or at work, we can bring Whine or Shine, so use these tips to bury the whining and bring out the shining, our families and coworker will notice our brightness and appreciate it!

Respect Relationships Results



1 of every 3 deaths in the United States is caused by heart disease.

99% of Americans need to improve their heart health.



Each year, an estimated 785,000 people will have their first heart attack.



Every 39 seconds someone dies from heart disease and stroke.

AMERICAN HEART MONTH



January Accidents & Incidents

Slipped into ditch, needed tow out - \$800
Struck interstate closed gate - \$1,000



Total : \$1,800
We have a \$25,000 deductible
and are counting on **YOU** to keep costs down.

Stan's employees
have worked

225 days
without a
"lost time" accident!



We continue to offer
\$2000



for both the REFERRAL & SIGN ON INCENTIVES for new driver referrals!

Send us any fellow drivers you know of, and strike up conversations with other drivers, encourage them to call and let us take it from there! If we hire them, you each get \$2,000. If you need referral cards, reach out to Tammy or Elizabeth! These incentives will be paid as \$500 after 30 days, \$500 after 6 months & \$1,000 after one full year of employment!

February Birthdays

Dickson Jorgensen - 2/3
Ted Bartel - 2/4
Jeni Sinkbeil - 2/6
Megan Kopfmann - 2/9
Jodi Weber - 2/12
Michael Phillips - 2/17
Chris Cashman - 2/24
Julian Mundy - 2/26
Happy Birthday to our February babies!



Check out the Monthly Safety Media!

Offered in 2 media formats: CD's & Flash Drives
Congratulations to the January winners!

Loren Postma Barry Eldeen Kim Stacy
Steve Wenninger Todd Burns

Step Challenge

Let's stay moving! We are having another step challenge and again anyone/everyone is encouraged to join!

This challenge will be for 1 week, **starting Monday 2/8 and ending Friday 2/12**. No teams this time, competing individually, and there will be 3 categories ranked; total steps, total distance, and total exercise minutes.

Compatible devices: Fitbit, Apple Watch, iPhone with Apple Health App, Garmin, Withings/Nokia, Misfit

If you are interested in joining, contact Morgan:
morgant@stansinc.net or 605-961-9511

★ ABOVE & BEYOND

Have you ever been on the receiving end of someone going above and beyond? That certain someone who stepped outside of their day to day duties to help a fellow team member or Stan's in general, with no expectations of receiving anything in return? We are always looking for nominations for our Above and Beyond recognition. When you experience a helping hand, or an act of kindness, please share the details by emailing Morgan @ morgant@stansinc.net.

March Birthdays

Hans Anderson - 3/9
Jeff White - 3/11
Brady Dickson - 3/22
Wade Metter - 3/25
Tammy Bierman - 3/27
Mark Jensen - 3/30
Happy Birthday to our March babies!



Continue to like and share on our Stan's Inc and Team Stan's Facebook Pages!
Traveling to a cool area? Have a special event happen in your life? Take a picture and share it with us!

Not on Facebook and have something to share? No problem!
You can email it directly to Morgan and she'll get it out there for you:
morgant@stansinc.net

Stan's Welcomes New Employees!



Michael Harvey



Todd Hitts



Rodney Wells Jr.

All joined the Reefer Division.

Please take the time to introduce yourself!



TRAFFICKERS DON'T DISCRIMINATE.

Anyone can become a victim of human trafficking.

To report suspected human trafficking, call the U.S. Department of Homeland Security (DHS) tip line: 1-866-DHS-2-ICE (347-2423)

If you are a victim and need help, call the National Human Trafficking Hotline: 1-888-373-7888



Stan's is joining with our partners across the transportation industry to stop the flow of human trafficking. We are committed not only to preparing our own employees to recognize and report suspected instances, but also to raising awareness among the public. Our message is that human trafficking will not be tolerated. We invite you to join us in the fight to end modern slavery.



#EndTrafficking
#seesomethingsaysomething

February Years of Service Anniversaries

Catherine Lucklum - 14 years
John Bozzella - 7 years
Jeni Sinkbeil - 4 years
Corrie Snedeker - 1 year
Christen Kline - 1 year

Thank You
for your service & dedication to Stan's!